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Welcome to the October edition of Local Choice and what a busy month we have ahead!

In this issue we have some great ideas for things to do with the kids during half term, as well as all the spooky things that happen at Halloween

And, with Christmas fast approaching (there I've said it now), we give you lots of ideas to get work done on your home in time for the family to enjoy during the festive period.

Kind regards

Mark Prada (Editor)

Tel: 01524 825600

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## BE HAPPY ABOUT AUTUMN

**W**ell, that's it folks. The thick coats are coming out and your morning coffee bill is rising steadily which can only mean one thing, autumn is upon us.. Autumn is a beautiful time of year as the temperature cools, the leaves fall and the days get shorter, meaning it's time to wrap up warm in scarves, hats, gloves, woolly jumpers and coats - a perfect excuse to go shopping for a whole new autumnal wardrobe.

This season is perfect to get wrapped up warm and enjoy those refreshing, crisp, misty morning walks to blow away those cobwebs and get ready for the day ahead. We have some stunning fields, parks and open spaces just ripe for an early morning walk. So there's no excuse for not heading out before the sun has had time to burn off all the lovely mist! Treat yourself to a FitBit which will monitor your physical activity and will help you become more active.

The colder weather also means that we can

savour in some good, old fashioned comfort food so get in the kitchen and cook up a batch of thick soup, homemade stews and pies to take that chill off.

Why not go on the high street and treat yourself to a large, soft blanket, cosy up on the sofa in front of a roaring fire and enjoy watching your favourite soaps.

Darker evenings mean it's the perfect time to cosy up by candlelight with your loved ones. Grab a bottle of wine, put on some soft music and enjoy each other's company.



### Other reasons Autumn is fabulous

- \* Halloween – An evening for fancy dress and eating as much chocolate and sweets as possible.
- \* Pumpkins – Carve your pumpkin ready for Halloween and make soup with the flesh.
- \* Conkers - There is nothing more exciting as a child than going looking for conkers and play games with friends.
- \* Bonfire Night, fireworks, hot dogs, bonfire toffee and sparklers – and being able to enjoy a healthy apple covered in toffee.
- \* The smell of a wood fire – and being able to toast those tootsies.
- \* Countdown to Christmas - (Sorry...) Christmas is just around the corner! The build up to Christmas can actually be more exciting than the day itself. Wrap yourself up and get out there are grab an early bargain.



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# GOLD & SILVER ROADSHOW

## Jewellery and Coin Roadshow

A very lucky couple called at one of our recent roadshow events with a couple of old gold chains and a silver charm bracelet and a bag of old silver British coins. We paid them over £1600.00 just for the coins alone. They turned out to be pre 1947 silver coins that were normal currency a few years ago and are now highly collected. We asked them for their permission to pass on this story to help other people realise what they may be sitting on and they were only too pleased to allow us to let everyone know that they might be sitting on a goldmine and not even know it! Like most people, who can only dream of winning the pools or the lottery, a lot of normal households have a hidden treasure of old gold jewellery, silver jewellery, teapots, trophies, trays and old objets d'art.

Why not get a free valuation from our expert at our roadshow at:  
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### WHAT DO YOU HAVE WAITING TO BE DISCOVERED

Many people are totally unaware of the value of unusual and old items that they own and are just hidden away in drawers around the house. Dealers are now paying record high prices for old jewellery and gold and silver objects and collectables. Most unusual gold and silver items are no longer fashionable but there are still collectors who we deal with that will pay record high prices for your old gold and silver jewellery, and items. Wristwatches and old fashioned pocket watches can surprise you with their values and you will be amazed by the amount that is currently being offered for such items. Get looking NOW in your old drawers, cupboards, and jewellery boxes. Look in the attic and the cellar, even old broken or squashed item of jewellery and silver are valuable and worth having appraised at these free roadshows. Bullion Investments & Acquisitions are having such a roadshow at **CROFTERS HOTEL, A6 CABUS, GARSTANG, PR3 1PH.** They will be offering a free valuation service and they will make you an instant CASH offer to buy your old jewellery, gold and silver or any old silver or coins that you may have.



Things that you should look for and bring to our roadshows are absolutely anything that looks like jewellery, whether it is yellow gold, silver or platinum. Any old British or foreign coins. Any old wrist watches or pocket watches. All chains, bracelets, rings and bangles broken or not and in any condition. If you think it is a diamond ring, bring it along and we will confirm it to be genuine. If you have an old trophy or tankard or any silver coloured items, let us value them for you.

## COINS & MEDALS URGENTLY WANTED

Old war medals and old Masonic medals can be very valuable. You will be surprised to hear that we have paid THOUSANDS of pounds for certain war medals and even the General Service Medal group is worth bringing especially if you have the original box and letters to accompany them.



Also of great interest are old military uniforms, tunics, hats and any army, navy or RAF field gear.

There are rarely any queues at our events and we can normally attend to every caller within a few minutes. We will give you a free valuation which we back up with a cash offer, there and then. You can accept or decline our offer, so come along and see what we can offer for your old gold or silver jewellery, coins and collectables.

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The Bridal Collection of Lancaster is a well established bridal retailer in the area and we caught up with owner Debbie Cook to find out more about their forthcoming expansion plans:

### TELL US WHY YOU ARE MOVING?

"We were planning a facelift in the Autumn and before we committed the money, we wanted to be sure that we would be staying put, so we made a list of the pros and cons and the negatives started to outweigh the positives. What we really wanted was more space to dedicate to Mother of the Bride and guest wear and our Menswear hire range. There was no way we could gain any more space to do these areas justice where we were so we started to look around for new premises."

### SO YOU ARE MOVING INTO WHERE BUTTERFLY BRIDAL IS IN NEW STREET, HOW HAS THAT COME ABOUT?

"Sue and Rebecca at Butterfly had decided to sell their business for personal/family reasons and as they opened two weeks after us back in 2009 we have kind of 'grown up' in the business together and know each other quite well – it was a throw away comment from my Husband one morning when I was looking for premises – 'why don't you buy Butterfly Bridal?' – so that got me thinking and I approached them originally to buy the stock and their labels and it was Sue that suggested taking on the premises, which, I hadn't realised, is a lot bigger than ours, so that's what we're doing!"

### WHAT CHANGES ARE YOU MAKING?

"From the premises point of view, we like to offer our customers a totally private experience so we are making changes to the building to effect that. Also, of course, we want to put our own stamp and taste onto the shop so a complete refit and decoration is planned. From a staffing point of view, our whole team from The Bridal Collection will be on board and as we are expanding, we are in the middle of recruiting a new Bridal Consultant"

### WHAT WILL YOU BE OFFERING YOUR CUSTOMERS THAT IS DIFFERENT TO WHAT YOU OFFER NOW?

"We already hold some fantastic bridal labels, in particular Mori Lee and Sincerity Bridal and we will be adding the best of the labels from Butterfly Bridal including Maggie Sottero and Justin Alexander. We will expand our menswear range and double the Mother of Bride/Groom outfits we hold in store as well as increase our Prom and evening wear section"

### WHEN WILL THE MOVE TAKE PLACE?

"We will take over New Street from Sue and Rebecca towards the end of September. The shop will be refurbished for around 4 weeks but The Bridal Collection at North Road will continue to be open as normal until 16th October when we will close for 5 days to effect the move and ensure we are ready to open our doors to our customers with everything in place"

### HOW WILL BOTH SHOPS CUSTOMERS BE AFFECTED?

By the time people are reading this, all Brides from both shops will have received written information and notification of what's happening, followed by social media announcements – Butterfly Bridal customers will be invited to continue the full service with their outfits from The Bridal Collection Team (our own Brides will of course just come to the new shop instead). We are a well established and experienced bridal business and that is one of the reasons that Sue and Rebecca have agreed for us to take over, they know we can assure both sets of customers a continued level of excellent service and a fairly seamless transition, they shouldn't notice any difference!

One of the important things for us is to retain our great relationship with our Brides so whilst a little more space is needed, we don't want to lose what we do best which is to offer a very personal service with attention to detail and where we all know what's going on and when!"



# the bridal collection



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## Barking Mad, and proud of it!



the perfect host family who provided loving one to one care whilst we were away. Every aspect of his daily routine was maintained, so we were able to enjoy our holiday, while Derby enjoyed his.

Then, having been a Barking Mad customer for several years and keen to run my own business, I jumped at the opportunity to take over and offer the same service to others." Barking Mad also provides the opportunity for people to enjoy the benefits of having a dog but without the commitment of full ownership, by becoming Barking Mad hosts. Due the popularity of the service, they are now looking for more special people to look after their special guests.

Dogs are selected to suit your home and lifestyle, and they make it simple for hosts by taking care of everything such as insurance, meetings and paperwork, along with full advice and support 24/7.

"We're keen to hear from retired people, families, people working from home... or anyone who has time to care for a dog occasionally" says Kevin.

So if you're a dog lover interested in providing a loving holiday home, or would like to know more about Barking Mad, call 01772 696589 or email [kevin.matthews@barkingmad.uk.com](mailto:kevin.matthews@barkingmad.uk.com)

More and more people are discovering the joy that the companionship of a dog can bring, and for Kevin Matthews, it led him to a wonderful new business.

Barking Mad provides home from home pet care as an alternative to kennels, for owners who share the belief that dogs are part of the family and want peace of mind that their beloved companions are well looked after while they are away.

Kevin and his wife Sarah originally discovered Barking Mad three years ago when Derby, their Border Terrier first became part of the family. "For us, having a dog is one of the best decisions we ever made and he's very precious to us" says Kevin. "When it came to booking our annual ski trip, we decided that kennels were not an option and that Derby deserved a holiday too. We were delighted when a friend recommended Barking Mad to us. Derby was matched with



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Email: [kevin.matthews@barkingmad.uk.com](mailto:kevin.matthews@barkingmad.uk.com)

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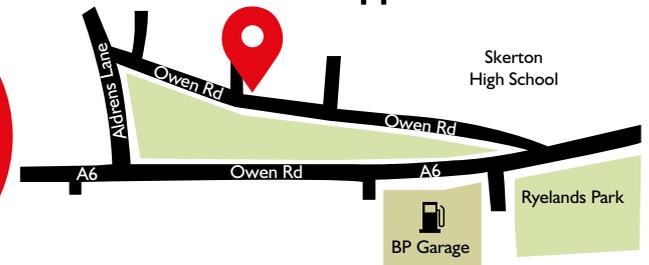
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## ENERGY SAVING SOLUTIONS & KEEPING WARM

**Y**ou can keep warm and comfortable in your home without spending a fortune as these days, most houses do have some form of insulation. The problem is that with fuel prices always on the increase, what was of high quality 20 years ago is now insufficient. With a multitude of things to think about when trying to conserve energy, the best place to start is heat loss.

### Draught proofing windows and doors

Almost a quarter of your heating bills will most likely seep outside through gaps in ill-fitting doors and windows.

The most cost effective way to solving this is to fit effective draught proof foam in the gaps, which doesn't require any skill or take long to do and a roll of foam isn't very expensive.

### Loft insulation

This is the second easiest and most cost-effective way of improving your home's energy efficiency. To save about 20% on your heating bills, try installing loft insulation to a depth of no less than 8 inches. If you already have loft insulation, check the depth - if it is less than 8 inches, add some more. Usually, installation will only take a couple of hours but will start working instantly, although payback is around 2 - 3 years.

### Cavity wall insulation

The next best step after loft insulation is cavity wall insulation. This reduces heat loss through walls by up to 60% and can save you up to 35% on fuel bills. You will, however, require professionals as it is a specialist job. Cavity wall insulation should come with a 25 year warranty and return on your investment on this type of energy saving is around 4 years.

### Double glazing

Whilst the solutions offered above present large benefits for a small cost, there are other options also available. If your house needs new windows, then double glazing is a must. Replacing windows that have nothing wrong with them may be costly, but double glazing will still save you money in the long run, with a payback period of 10 - 20 years. If you do not wish to spend as much money or would like a short term solution; heavy curtains or blinds that trap air, thus creating insulation will be much less costly.

### Controlling your heating

The next step is how to get the heat back. If your boiler is old, replacing it will save money - with a payback period of around 4 years. There is one major consideration to be made, however; although the new condenser boilers are more efficient, they are more complex and do not last as long, so if you have an old boiler that is functioning perfectly well, then you may wish to consider putting controls on your existing boiler.

### Heating controls: Thermostatic radiator valves (TRVs)

Thermostatic Radiator Valves (TRVs) are great for effectively switching off an individual radiator when the room is warm enough; you may be able to do this yourself, therefore saving more money.

### Heating controls: Programmers and room thermostats

If your boiler has a broken or worse still, no programmer, it is suggested you get one as this can save you a lot of money. If you do have a programmer, make sure it is synchronised with your clock and on the correct season. Also think about whether you really need it on during the day if you are out, or whether you need it on whilst you are asleep.

Add a room thermostat and you gain even more control to your system. If this is fitted properly it will switch off the heating despite the programmer when your house is warm enough. If you do have a thermostat, check the temperature as just 1° lower can reduce your heating bills by almost 10%, which you will struggle to notice (apart from when you get the bill!)

**Tip:** Use energy saving light bulbs. Not only do they last up to 10 times longer than ordinary bulbs, using one can save you £45 over the lifetime of the bulb.

# Cloudy2Clear Windows – Service With A Smile!

It's been a crazy few months for Cloudy2Clear Windows. The company which specialises in repairing windows which are steamed up, broken or damaged by replacing the panes - not the frames has grown rapidly as homeowners take advantage of their services.

Branch Manager Kirk Williams feels that it's all about service. "Our product is simple. If your double glazing is steamed up we can replace the glass at a fraction of the cost of a new window, in any type of frame, and with a new 5 year guarantee. But it's not just about saving people money, although that obviously helps. Many tradespeople have struggled since last year and I honestly feel that during the good times a minority perhaps didn't focus on customer care as much as they should have done. We make sure we turn up when we say we will, do the job the customer requires and leave their homes as clean as a whistle. I often get comments back from customers on how they really didn't expect that sort of service which, in a way, is very sad for the service industry as a whole."

Cloudy2Clear services the Gwent and wider Wyon area and Kirk is finding that his approach is a major factor in his success. "The truth is that it's not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I've done work for, which just goes to show how much a little bit of effort is appreciated."

So, if your windows are steamed up, broken or damaged give Kirk a call for a free quotation on 0800 61 21 118 and he'll be happy to help!



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Lefton's first opened their doors back in 1946 when brothers Reuben and Cyril Lefton set up as a carpet retailer. After experiencing a considerable amount of success, the brothers expanded their range to include furniture and Lefton's as it is known was created. Over the decades locations have changed, ownership has been passed down the family, to the present day where the company is managed by Richard Lefton in it's current location of General Street, Blackpool. It is perhaps Blackpool's best known furniture retailer stocking a wide range of beds, sofas, bedroom furniture, dining furniture and

occasional pieces, and as one of the north west's few remaining, truly independent furniture retailers, Lefton's have carved out a pretty special place in our region's retail landscape.

Always moving with the times, the Lefton's online furniture showroom has proved a success throughout the country and continues to grow. The team realise people want the convenience of shopping online, yet customers can rest assured there is a family run company behind the online showroom and can come and visit the store in Blackpool or simply call up before placing an order. The team is expertly trained and can provide help and advice instore or over the phone, even arranging custom made pieces and convenient deliveries.

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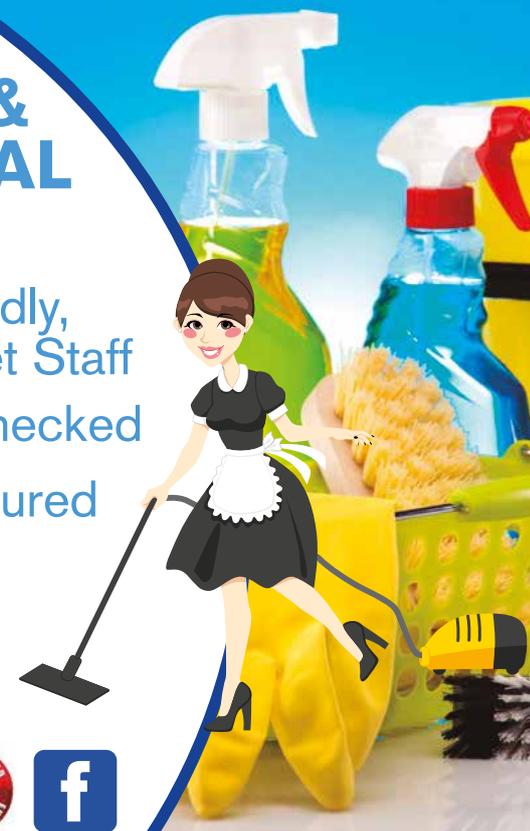
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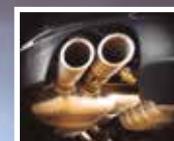
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16	<b>Merchant of Houghton Farmer's market</b> £1 per car, pedestrians 50p. Houghton Tower, North Preston, Lancashire PR5 0SH
22-23	<b>Crafty Vintage 2016</b> Houghton Tower, North Preston, Lancashire PR5 0SH
26-30	<b>A Ghostly Evening at Houghton Tower</b> 7pm. £28.95 plus booking fee. Houghton Tower, North Preston, Lancashire PR5 0SH
28-29	<b>Oktoberfest</b> Guy's Thatched Hamlet, Garstang
26-31	<b>Uncle Guy's 'Not So Scary' Half Term Halloween Week</b> Guy's Thatched Hamlet
30-31	<b>Uncle Guy's Not So Scary Halloween Party</b> Guy's Thatched Hamlet, Garstang
31	<b>Halloween Evening at Houghton Tower</b> Houghton Tower, North Preston  <b>Vampire Pleasure Beach</b> Blackpool <a href="http://www.blackpoolpleasurebeach.com">www.blackpoolpleasurebeach.com</a>



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## The Ultimate Guide to Playing and Winning Archery Battle Attack

The battle has begun. Your heart is pounding. You crouch below a barrier, listening, waiting for the first volley of arrows. One grazes the space just above your head. You gather yourself upright, draw your own arrow, and aim carefully before firing it towards your opponent. No, this is not a scene from The Hunger Games or a 12th Century battleground. This is Archery Battle Attack, the newest extreme sport that lets you release your inner Katniss. Keep reading to learn how to play archery Battle Attack!

Archery Battle Attack is a blend of dodge ball, paintball, and laser tag. It combines the best aspects of these sports while adding the skill of archery. A safe sport that can be played both indoors and outdoors, Archery Battle Attack can be a year-round activity that everyone can enjoy.

Interested in playing this archery-based sport? We have put together the ultimate guide of how to play Archery Battle Attack to get you from beginner to pro level in no time.



## Archery Tag Rules and Overview

### Objective

The objective of archery Battle Attack is to "Hit" members of the other team with your foam-tipped arrows. When an arrow hits a player, the participant is eliminated from the game. While removing members of the opposing team stacks the odds in your favor, your ultimate goal is to knock out the five centers on the spot-target located on the competitors' side.

### Age Restrictions

Players must be at least nine years old to play Archery Battle Attack – no exceptions! If the player is under 18, a parent or legal guardian must also sign the waiver giving the child permission to play.

### Playing the Game

To start the game, each player has a bow made specifically for Archery Battle Attack and a facemask to protect their eyes. The two teams are put on opposite sides of the playing field, with a safety zone in the middle. Prior to the match, arrows are placed in this safety zone for retrieval, and no shooting is allowed in this zone during the entirety of the game. Additionally, of course, players are not allowed to cross this barrier to enter the opposing team's territory. If you break this rule and encroach on enemy territory, you are automatically disqualified from the game.

The Archery Battle Attack arrows have foam tips for safety, and a player is only allowed to hold three arrows at any given time. Managing your inventory of Archery Battle Attack arrows in an important part of the overall game strategy. If you run out of arrows, your only hope in becoming a dominant player is either to catch an arrow shot by the other team, retrieve a missed shot, or have a teammate give you one of their arrows.

In order to bring a player back into the game after he or she has been eliminated, you must hit a spot-target or catch an arrow mid-air from one of the opposing team members. Be careful, though, because missing the catch will mean you are eliminated, as well!

Each high-intensity game lasts only a maximum of 20 minutes, and can include up to two game rounds. The game ends officially when one team has managed to eliminate all the players on the opposing team, or has hit all five spot-targets. The fast-paced speed of Archery Battle Attack keeps players on their feet and moving at all times. Although the games are quick, the active pace is designed for high-energy players.

**Ring 07974 401 564 to Reserve Your Place Little Tongues Lane, Preesall**



**Rural & Over Wyre Children's Centres**

# AUTUMN

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# Community Noticeboard

**Come and join us at Forton Primary School for the fantastic NEW parent and toddler group every Wednesday from 1.30 – 2.30pm.** Bring along your friends and family members for an hour of fun and learning. This club is for all children aged 2 to 4. Please see our Facebook page or call school on **01524 791188** for more details.

**Longridge Air Cadets**  
To join the Air Cadets you must be at least 12 years old and in Year 8 or higher at school. If you are interested in joining, or if you just want to know more about us the easiest thing to do is come and visit us on a Tuesday or Thursday evening from 19:15 (finishing at 21:30) at Christ Church Hall on Chapel Street (just off Berry Lane).

**North Fylde Model Railway Club**  
The North Fylde Model Railway Club meet on Mondays and Thursdays 7pm – 10pm at the club rooms in Carlton.  
For more information contact Alan.  
[chairman@blackpoolandnorthfyldemrc.co.uk](mailto:chairman@blackpoolandnorthfyldemrc.co.uk)

**Heart Concern is a local charity and support group for anyone with cardiac problems and for the family, friends and carers.**

We are a friendly group with a variety of activities. We have a monthly open meeting, held on the 1st Tuesday in the month (except August and December) at St Thomas' Social Centre, Marton Street, Lancaster with interesting speakers and time for a chat and refreshments.  
We also have a range of social events including walks, theatre trips, meals out etc. If you'd like to know more please phone **01524 67859** or just turn up at an open meeting. Everyone is welcome.  
[www.heartconcern.co.uk](http://www.heartconcern.co.uk)

*If you host or organise a local coffee morning, book club, swimming club, dancing group or any other local get-together please send information to;*  
[lisa@zestpublications.co.uk](mailto:lisa@zestpublications.co.uk)

**Garstang Camera Club**  
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t. 01995 606648

## HEALTHY LIFESTYLE

Usually, as we age we gain more weight. A couple of pounds here and there over the years is not an issue, but those who gain more than 20 pounds in only a few years will quickly increase your risk of health problems because of the extra weight. It may appear that these troubles are something to worry about later, but as time flies by it soon catches up on us. By ensuring you maintain a healthy weight now; you are less prone to illness later on in life. The most successful ways to lose weight are by eating less and by doing more exercise.

It is easier than you think to eat more healthily - just a few simple changes to your eating habits will make all the difference. Try reducing portions sizes and swapping high calorie foods that are low in nutrients for something healthier, such as swapping fatty, sugary snacks for fruit and vegetables (this will also help you achieve your 5 a day quota of fruit and vegetables). It could also help you to lose unwanted pounds and inches!

### Changing your food behaviour

If you have recently lost a significant amount of weight, well done – but make sure you do not regain the weight as it is easy to be complacent and start eating unhealthily again. To maintain your ideal weight you need to learn how to eat healthily for life.

A healthy balanced diet contains a variety of types of food, including lots of fruit, vegetables and starchy foods such as wholemeal bread and wholegrain cereals; some protein-rich foods such as meat, fish, eggs and lentils; and some milk and dairy foods.

Experts say that you need to relearn how to behave with food, so an 'all or nothing approach' and crash dieting are rarely successful as you are not really changing your behaviour. Whilst there is evidence to suggest that a variety of approaches are responsible for people's weight loss, there are some universal factors that equal long term weight loss. It is a good idea to question whether your chosen method will help you identify and modify the behaviour that has prevented you from losing weight and keeping it off before.

### Physical activities

Whenever you eat more food than your body needs, you gain weight. The reason for this is that we store any energy not used – often as fat. Even just a small amount each day can lead to weight gain. Achieving the recommended 30 minutes of exercise at least 5 days a week will help you reach a healthy weight. You can even split the 30 minutes into short bursts of 10 minutes. To lose 1lb a week, you need to lose more calories than you eat. This can be done by eating less, exercising more, or preferably, a combination of both.



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## Time to dine at... THE DERBY ARMS

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T: 01772 782 370

[www.derbyarmslongridge.co.uk](http://www.derbyarmslongridge.co.uk)



I have had the pleasure of dining at a number of venues owned and managed by the award winning Seafood Pub Company.

On this occasion I was back at the Derby Arms, a place I had wonderful memories of when I was here last year.

This striking village pub and restaurant, located

between Longridge and Chipping, features a central bar leading into three relaxed and very informal dining rooms, with feature fireplaces, an eclectic decor and a very lively atmosphere.

Tonight, I was here with family and friends for a sumptuous dinner. I was warmly welcomed by the manager Ryan and I knew we were in for the Seafood Pub treatment- a unique dining experience that the guests all get to enjoy at any of their venues.

We went straight through to the dining room so that the kids could settle down with the goodie bags that the Derby Arms had provided, to keep them entertained.

We looked through the menu at all the delicious dishes, that included pub snacks, starters, mains and delicious cuts of meat from the robata grill. Then, when our waitress Olivia started to read out the mouth-watering selection of daily specials, we really were spoilt for choice. The selection of fish is superb, as you might expect from the company name, but you will also find so much more on the menu, with flavours from across the world.

Our starters included a selection of three oysters, individually flavoured with pickled Asian veg, Bloody Mary salsa and sherry vinegar shallot. The oysters were very fresh indeed and so full of flavour, as you would expect from the Neve family fish suppliers! I opted for the dressed East Coast Crab, served with a delicious lemon mayo and sea salt crouters. We also chose the Korean Fried Chicken with sesame, chilli and ginger. With each starter having its own individual style and taste.

For main course, I stayed on the fish theme and had the pine nut crusted seabass, with herb potato dumplings, balsamic onions and slow roast tomatoes, anchovies, oyster leaf and watercress pesto. The sea bass was superb and the combination of flavours in this dish was second-to-none, even though I was seriously tempted by the other meals on the

table. These were an Asian hot pot, with chicken, prawns and egg noodles, served with Thai basil and Asian pickles, we also had both fillet and rib-eye 28 day dry-aged Lancashire grass-fed beef, served with slow roast tomatoes, field mushroom, thickly cut fries and onion rings. Both cuts were cooked to perfection, served medium rare, tender and succulent, with a choice of sauces.

How could we not mention the quack quack grill, a delicious pink Goosnargh duck breast served with spring greens, crispy leg with roast apple, duck and black pudding hash and finished with a fried egg - amazing.

Then there were the kids meals of fish goujons with skinny fries and garden peas, as well as a flavoursome gammon steak with egg and chips. Perfect - everyone was happy.

To complement our meal we had a delicious bottle of the dry white house wine which went down perfectly. There is however, a complete stock of specially chosen wines, spirits and beers from around the globe for you to enjoy.

What about dessert? Who could resist syrup sponge with proper custard, or freshly made cheesecake with raspberries and for the kids a dairy ice cream comet with marshmallows and toppings!

Our dining experience was nothing short of superb and excellent value for money too. The Seafood Pub Company only source the best of British produce to ensure high levels of quality and consistency, much of which actually comes from the Neve family fishing business and local Lancashire farming stock. The Derby Arms has daily changing specials, so you will never get bored with the menu. And if you want something that is not on the menu, such as a specific type of seafood, or cut of meat just give them 48 hours notice and, if it's in season, they will sort it.

As well as dinner, why not try their Sunday Classic - a three course lunch with a few unusual dishes for only £18.50 as well as their traditional Sunday lunch. Or, the midweek 'Lunch Menu' offering a delicious selection of main meals, such as fish pie with haddock, prawns, mashed potato and Lancashire cheese crumb, or satay chicken salad with mixed leaves, peanut and mint dressing, as well as a peppered rump ciabatta with melting blue cheese and sea salt fries, amongst many others for only £10.50 and this includes a small glass of wine, beer or a soft drink, plus tea or coffee. Served Monday - Saturday 12 noon 'til 5pm.

There is a fab outside seating area with spectacular views of the Bowland hills, just perfect for 'al fresco' drinks in the countryside! And, for guests looking to make the most of their visit, there are six elegant country bedrooms available, so why not make a night of it too?

Reviewed by Mark Prada



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**Mrs Ip (the Mowner) is very proud of the fact that the house specialities are based on authentic Hong Kong Street Food, so we always ask her to take control of what**

**we eat and she never gets it wrong.**

On this occasion we were out for a family tea, with the kids in tow. As usual, we were very warmly welcomed and seated at a very large table, in this spacious, relaxed, comfortable restaurant.

The aroma of the freshly prepared Chinese cuisine was making our tastebuds tingle as we waited for the authentic dishes that the Honey Tree had prepared for us.

The Honey Tree is renowned for cooking authentic Hong Kong street food, so that diners here can get a real taste of the flavours from the Orient.

To begin with we had BBQ spare ribs and Salt and Pepper Chicken Wings, Chicken Skewers in Satay Sauce and the Thai Fishcakes. We also had some crispy Peking style duck with pancakes, shredded salad and Hoi Sin sauce to enjoy with our starters too. This really was taste sensation and the perfect way to enjoy a traditional Chinese banquet.

For main course we all chose our own dishes, but opted to share these so that we could each get a flavour of the complete meal. These included a delicious Thai Green Curry with Chicken, Sizzling

Cantonese Fillet Steak, Sizzling King Prawns with Ginger and Spring Onions, salt & pepper squid and Chicken with fresh seasonal vegetables. All the dishes were served with a choice of egg fried rice, boiled rice or soft noodles.

By this stage we were too full to have a dessert, so just the kids decided to have some ice cream and the Honey Tree gave us a selection of delicious soft fruit cakes and biscuits and the customary fortune cookies (which, worryingly for me, did not contain the fortune I was looking for!).

This was all washed down with a couple of bottles of delicious Prosecco.

As usual, the Honey Tree did not disappoint us and I'm sure we will be back there again soon.

If there is one place you should try it should certainly be the Honey Tree Restaurant. I've been coming here for years and have always left with a smile on my face.

**Review by Alison Ellis**



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